

Holderness Recreation Department

Winter 2008/2009 Programs



From the Director's Desk

I'm not quite sure where November went, but boom and all of a sudden we are two weeks away from Christmas and the Holiday Season. I hope that days still pass slowly for kids, because as a lot of us know it just starts to go by quicker and quicker each day we get older. Don't forget to always stop and look at where we live and the beauty around us. Especially a star lit night in the crisp winter air.

As this year ends and the next starts, I hope you will read through this flyer and find something of interest to you. We have several new and exciting programs this season for example our 1st Annual

Skate with Frosty and Friends. This is sure to be a keeper with a rumor of Santa stopping by to say hi. Pull out your skates or borrow them from someone and come on down for a great evening with friends and family.

Also new is our Pilates Mat Class for Kids. We are having a demo class on Thursday, January 8th so be sure to sign up by January 5th to give it a try.

I won't get into too many details about everything else because you might stop reading, but also new in 2009 we have After School Knitting, scrap booking, indoor golf and even Quickstart Tennis.

Please also mark your calendars for February vacation week. We are going on A Pirate Journey with Wildlife Encounters. Other family activities include dodgeball, basketball and swimming at the PSU pool.

With all that being said, just a quick note about next summer. In case you think it is too early to start planning for next summer, let me inform you that at Town Meeting this March there may be a Warrant Article asking for your support for the return of the Summer Concert Series. We would like to gather your support for this so feel free to call stop by, or write with your comments.

Sincerely yours in Recreation,
Wendy Werner



Skate with Frosty & Friends December 19th



Come and welcome in winter and the Holiday Season by skating with family & friends.

There will be hot chocolate, music and goodies. Even a visit from Santa!

Where: Holderness School Rink

Time: 6 - 8 pm

Cost: \$5 per family

Volunteers helpful, call Holderness Recreation for more information 968-3700



Adult Dodgeball— Oh YA

Take one night a week that we, as adults, can let off a little steam by playing dodgeball, using soft rubber balls of course and legitimate rules and really burn off some energy like we used to as kids. Why should they have all of the fun? Last year we had a great season with 20 people each night. Hope you will join us again this year. The first night will be Wednesday, December 3rd. I will be there and hope you will too. \$10 for the season



A registration form is required and can be completed when you come to play.

Who: Ages 18 + if playing alone, 14 + if coming with an adult.

When: Wed, Dec. 3rd—Feb. 18th

Time: 7:30—9:30 pm

Where: Holderness Central School Gym



Scholarship Fund—

Give the Gift of Recreation to someone less fortunate by giving to our scholarship fund. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Holderness Recreation, with a note that it is for the Scholarship Account. Last year we sent three children to our summer day camp with this scholarship money.



Parents Get that Shopping Done!

**Saturday, December 20th,
8 am—12 pm**

**Open Gym for Kids in Holderness
Central School grades K—3rd**

FREE

R.S.V.P. is required, for more information contact Lynn-Marie Goodwin at 536-5800 or email holdernessace@yahoo.com

More Programs

Pick up Hockey:

It's time to go to the attic and dust off those skates. Holderness Recreation has the ice at the Holderness School Rink on Saturday's from 8:30 - 9:30AM for pick up hockey. This is a chance for players to have an informal game with whoever shows up to skate. Helmets are required!

Come on Down

Who: Residents ages 16 and up

When: 8:30 - 9:30 am

Dates: Dec 8th - March 8th
No Skate on February 14th

Cost: \$5 per person

(Holderness Residents Only)



Recreational Skating:



Recreational skating will again be available for families and little ones this winter starting in December. The skating takes place at the Holderness School Ice Rink. Come enjoy the winter air with us as we continue a longstanding winter tradition.

This winter skating will be available one time per month instead of every weekend. Please be sure to mark the special dates so you can be sure to join us!

Who: Holderness Residents

When: 9:00 - 10:00 am

Dates: Sundays, Dec. 28, Jan 25, Feb 22

Cost: \$5/person, \$10/family

Having a Birthday Party?

Lacking the equipment to make it a really fun time? Maybe we can help. For a nominal fee, you can borrow our parachute, game balls and other equipment to make that an extra special day. We can also give you an activity pack with games for you to share during the party. For \$10 you can rent a party pack for your little one's special day.



Walk & Talk at PSU:

Too cold to go outside for your morning walk? Looking for a warm dry place to get some exercise in? Bring a friend or come on alone to the indoor track at the PSU Field House. The track is available Monday - Friday from 8-9 am for indoor walking or light jogging. No registration is needed and it is free. Sign out a pedometer for \$5 to use from 1/1-2/8



Pilates' Mat Class

For Kids

Join Cindy Krissanda of Holderness for an opportunity to join a unique class. Pilates is not just for adults.



We would like to introduce you to a safe and effective form of exercise that will not only increase your strength, stamina and flexibility, but may also help improve concentration, mental agility and self-esteem.

This will be a fun filled class that will leave you asking for more in the New Year. Come on down and give it a try. Don't forget to bring a water bottle.

January 8th demo class -
Come see what it is all about!
Sign up by January 5th

Who: Kids in grades 3 - 5

When: 3-4 pm

Dates: January 15, 22, 29 & Feb. 5th

Where: HCS Cafeteria

Cost: \$32 for 4-weeks.

Minimum of 4 participants

A great class to limber up and stretch your muscles for other sports as well.

Knit Your Own Hat After School

Join Heidi Wheeler of Heidi's Hats, (you may have seen her and her hats at the Holiday Fair) to learn how to make your very own winter hat that fits your head just right, in exactly the colors and designs you want. You will learn how to cast stitches on to the needles, and how to do the basic stockinette stitch needed for the hats pictured.



Next you will learn how to custom fit hats for your individual head, we'll each pick a few colors, plan out our designs, and get started!

All you need to bring is a willingness to learn! I'll supply the wool, needles, and all other supplies. Can't wait to see you there! How cool to be able to knit your own hat!

Who: Ages 12 +

When: 3-4 pm,

Dates: TBA, but call now so we can put you on the list & pick a day that works

Where: Holderness Central School

Cost: \$45

Family Dodgeball:



What a great idea! Our adult dodgeball has been quite fun and successful. So here we go with the family.

On **Sunday, January 25th 10:30-12 pm** and **Monday, February 23rd from 10-11:30 am** we will play our hearts out in a round of family dodgeball.

Moms, Dads, Aunts, Uncles, brothers & sisters are invited to run, jump, throw, catch and cheer as we play our hearts out.

We will play with soft plastic balls and we will have easy rules so that everyone can have a good time. Probably best for kids ages 7 + Cost: \$10 per family / day.

Art from Art:

"Art from Art" is a creative outreach arts program consisting of four weeks of multimedia art lessons focusing on the artists and collections from the Currier Museum of Art. The Currier Art Center is the studio-based education division of the Currier Museum of Art in Manchester, NH

WEEK 1: The Potter's hand / Clay

Create small clay pots using various hand building techniques **Artist:** Betty Woodman, **Media**—Clay

WEEK 2: The Cartoonist's Pen / Drawing and Composition

Learn the elements of drawing a face. Then explore how distorting those elements creates a cartoon! **Artist:** Helmar Lerski, **Media**—Pencil on Paper

WEEK 3: The Painter's Brush / Color, Composition and Texture

Try out different brush techniques to produce textural depth and interest. **Artist:** Claude Monet, **Media:** Tempera on Paper

WEEK 4: The Weaver's Secret / Fiber Arts: Tapestry Weaving

Explore Tapestry Techniques while weaving a small rug using bold colors. **Artist:** Franco Flemish Weavers, 16th Century, **Media:** Wool yarn.

Who: K-2nd grades

When: Tuesday's, Jan. 27—Feb. 17

Cost: ACE students \$65
Non ACE = \$70

Time: 3:30-5 pm

Where: HCS-ACE room

For more information or to register, contact Lynn-Marie Goodwin at 536-5800 or email holdernessace@yahoo.com



February Vacation Week

Wildlife Encounters Living Treasures - A Pirate's Journey



Take a Pirate Journey! Discover the places the pirates of the Caribbean would have gone, Get to TOUCH and even HOLD some of the same animals that they



would have met in South & Central America! You will be introduced to animals that pirates would have used for FOOD, would have FEARED, and would have treasured for their FEEL!

Wednesday, February 25th 10 am
Holderness Central School
Cost: \$5 per person \$15 per family
Group discounts available

Private Movie Screening at Meredith Cinema:

Sign up now for a great day at the movies. This will be a G or PG rated movie. We will know the movie selection closer to the day of the trip. Call now to reserve your spot. Parents welcome. Only 8 children's spots without parents.

Who: School age kids and parents
When: Tuesday, February 24
Time: 8:45 am departure from HCS
Cost: \$15.00 includes transportation



Fun Spot Candle Pin Bowling Trip:

Enough said, who can pass up a day of bowling? Sign up now to reserve your special spot. Call now to reserve your spot. Parents welcome. Only 8 children's spots without parents.



Who: School age kids and parents
When: Tuesday, February 24
Time: 9:15 am departure from HCS
Cost: \$15.00 includes transportation

Family Basketball:

Wednesday February 25th from 11:30—1:30. We have the gym reserved, so come on down and burn off some energy. This will be an open game of basketball for families.

11:30—12:30 pm All ages welcome, but be sure to have parental hands to help the littlest ones.

12:30—1:30 pm parents and kids ages 10 and up.

Cost: \$10 for two hours per family
\$5 for one hour



Swimming at PSU Pool:

We have the pool all to ourselves, so grab a friend and meet us there. Children must be accompanied by a responsible adult. Parents or guardians are required to stay in the pool area with their children. Calling ahead of time will give us a better feel for how many people will be attending. You may however pay at the door.

Who: Families
When: Friday, February 27, 2008
Where: Plymouth State University
Time: 1:00-3:00 pm
Cost: \$3 per person



Coming soon Indoor Beginning Golf with golf pro Brian Desilets

Brian ran our Intro to Golf class this fall at the Highland Links Golf Course. This time Brian is working on the details of a program that comes to us. Check with the recreation office in the New Year to get more information.

Details of this class are still in the works. It will be held after school in March and perhaps again during April Vacation week.



Floor Hockey

Who's sitting around after school without anything to do? If you are, then you should be here with us. One of the best games around as far as I am concerned. And by the way, how often do you get to play this when you aren't in Phys. Ed.

Who: Grades 3 & 4 3—4 pm
Grades K—2 4—5 pm
When: March 5, 12, 19, 26*(12:30-1:30 & 1:30-2:30)
Where: HCS Gym
Cost: \$25



* if your child needs after school care until the second session, you could contact the ACE program at 536-5800*

quickstart tennis



What is Quickstart Tennis?

QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels-- ages 8 and under and ages 10 and under.

It's the fast, fun way to get kids into tennis-- and keep them playing.

To learn more about the national program go to
www.quickstarttennis.com

Who: Ages 5 & 6 years 3—4 pm
Ages 7 & 8 years 4—5 pm
When: Mondays, March 2nd through April 13th.
Where: Holderness Central School
Cost: \$55 for 7-weeks



Holderness Recreation Winter 2008 / 2009

Early Bird Exercise



This class is for everyone who has endless excuses about not exercising ... What else is going on at 5:30 AM. So come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics, free weights, stability balls. New Class schedule will be Mon, Wed., & Fri. from 5:30–6:30 am. The next session starts 1/12/09 at the Holderness Central School Gym.

Cost: is \$50 for a 12-week session.

Instructor: Anne Packard

Adult Volleyball:



Tuesday and Thursday nights from 7:30–9:30PM. Join our drop in group for a night of great athletic fun. The cost is only \$5 for the whole season and you can't beat that! We welcome players ages 16 and up. No pre registration is necessary, just show up ready to play at the Holderness Central School Gym. A registration form will be available at the program.

Archery Classes

Marcia Wyman of New England School of Archery will join us again in March to offer her much sought after classes.



Classes will be on Tuesdays, March 3, 10, 17 & 24 at the Pemi Fish & Game Club on Beede Rd.
5-6 pm Beg. & Families
6-7 pm Advanced archers

Call today for more information or to register.

Helpful Phone Numbers

www.holdernesslibrary.org
Plymouth Recreation Dept 536-1397
Ashland Parks & Recreation Dept. 968-9209
Squam Lake Natural Science Center 968-7194
Squam Lakes Association 968-7336
Squam Area Chamber of Commerce 968-4494

Squam Lakes Natural Science Center Don't forget to check out www.nhnature.org for all of the fall and winter activities.



Visit the chamber to see what is going on in your community this winter. Or tell your visiting friends that they can plan their activities with ideas from the chamber.



Baseball Hats

Show your support for Holderness Recreation by purchasing one of the Holderness Recreation baseball hats. Hats are available in Adult and youth sizes. Hats are Kaki colored with blue embroidery. All hats are \$12.



Don't forget to check out the Squam Lakes Association website at www.squamlakes.org

And the Squam Lakes Natural Science Center at www.nhnature.org

Both have many wonderful winter activities planned right here in our own back yard!

Resident Scholarships are available for programs, please call Wendy Werner in the office for more information:-)

Holderness Recreation Department's Winter 2008 / 2009 Programs

**A registration form is required for most programs
See our website for more programs and details at www.holderness-nh.gov.**

Holderness Recreation
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holdrec@roadrunner.com
www.holderness-nh.gov

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POSTAL CUSTOMER

Registration Information

Holderness Recreation Programs are open to Holderness residents on a first come basis. The program fee and registration form must be submitted prior to the sign-up deadline. **Non-Residents please add \$5 to the program fee for most programs.** If class minimum is not met, class may be cancelled. Registration forms are available at the Holderness Town Hall, the Holderness Post Office, the Holderness Free Library, and on the web at www.holderness-nh.gov. **Please make checks payable to: Holderness Recreation** and mail to PO Box 203, Holderness, NH 03245. For further information contact Wendy Werner, Recreation Director at 968-3700, holdrec@roadrunner.com. Office hours are held at the Town Hall on a varying schedule.